

As the runner takes the "set" position the arms must be straightened. He should draw a long breath & hold it. A held breath postulates a fixed thorax & support the running action. There should be barely any weight on the rear foot.

If the bullet start is used the foot positions will be varied by shifting the left (front) foot back to a position from 12" - 18" in rear of the scratch line. The rear foot does not alter into position. The ft. are not more than 12" apart & the athlete is able to push off from both feet simultaneously.

The advantage of the crouch start is:-
1. Steadiness of at the starting mark.
2. The max. amt. of force generated in the starting effort.
3. It enables the sprinter to rise, rising gradually to the correct sprinting angle.

At the report of the pistol spring forward, not upward, from both feet and hands, taking a short quick jab step with the right foot a few ins. ahead of the mark & a little to the right. At the same time jerk the left arm forward & the right backward & up, both bent. The weight must be well forward & low, the upright position being gradually assumed about the 6th or 7th stride.

Just before getting on the mark spend
2 mins. in deep breathing. At the
command "set" take a rather deep
breath & hold it. At the pistol report
suddenly eject the air and at the 2nd stride
take a quick deep breath through the
mouth & hold it. It runs up to 50 yds
do not take another breath. In other
distances do not use all the air in the
lungs before inhaling again. In the 100 yd.
dash take a short breath at 50 yds.
& another at 75 yds.

Training Suggestions.

1. Whenever you start anything new start slowly & carefully.
2. Avoid blisters on both hands & feet. A solution of salt & water is helpful for bathing the ft.
3. Be sure to wear comfortable socks & shoes that fit.
4. Sprains occur at joints - e.g. an ankle may be sprained.
Strains " in muscles - e.g. The muscles of the arm may be strained.
5. Dress warmly during practice, and warm up thoroughly before participating in any event. The body should be covered before & after a race.
6. Max. sprint for girls 100 yds, preceded & followed by a rest period.
7. Athletes should participate in only from 2 to 3 events in one day.
8. Runners should spend plenty of time practicing the crouch start & should learn to hold the "set" position on the mark - be prepared for variation in timing, each starter will be slightly different.

Starting

The start may be divided into 2 parts. On the mark & get set - the 1st a position of rest; the 2nd one of readiness.

The 1st consideration is that of the starting holes & their positions.

The front hole is dug for the left foot from 4"-6" back of the starting line (sometimes called "scratch") The rear hole for the right ft. is dug a little to the right & far enough back so

that when in a kneeling position the right knee comes about level with the ankle of the front foot. The front hole should be approx. $2\frac{1}{2}$ " deep & the rear hole 3"- $3\frac{1}{2}$ " deep. On being told to take his mark the athlete should walk forward several paces & place the right foot between the holes he has dug. Place the left foot in the front hole, kneel on the right knee, place the right toe in the rear hole (firmly) & the hands on the mark in an arched position, with two spans distance between the thumbs. The weight is on the rear knee, the muscles are relaxed. This is called the "crouch start" & is used by all good runners.

(The elbows may be bent a little & the eyes should be fixed on a marked spot on the track where the 1st pace will be taken.)

At the starter's command "Get set" the following takes place; before the rear knee is raised the weight of the body should go slowly forward onto the front foot and the fingers & the front knee should be pressed down towards the track. The eyes continue to watch the marked spot where the rear foot will fall in the 1st stride, about 3 lengths of one of the runner's own ft. beyond the scratch-line. This will ensure that the head is not cramped by being bent back at the neck. The back should be straight & parallel to the track. In the "set" position the arms must be straightened at the elbows.

3. When time for final sprint comes, do it suddenly. Get well upon toes, use arms & shoulders vigorously, lean body forward, and run right past tape.

The Half-Mile Way:

Runner may make up at finish, distance lost at start. Saves strength for final sprint instead of having sprint at the beginning.
4 rules for 440 and 800 yds.

1. Run on the inside.
2. Never pass on a bend.
3. Keep up with the leaders.
4. Never ease up during the final sprint.

Two occasions when 3rd rule may be broken (A) when, as stated in column 1, you have confidence in your powers of endurance and you feel safe in taking the lead, and (B) when competitor tears away at impossible pace. Never ease up on final sprint, even though you are leading.

Training.

1. Don't attempt 440 or 880 until you've had practice at 100 or 220 yds. Learn to sprint first.
2. Practice $\frac{1}{2}$ mile & then $\frac{3}{4}$ at easy pace.
3. Combine a jog - trot with bursts of speed.
4. Do plenty of skipping & hopping. 134

5. Practise running round the bend of the track by dropping the inside arm.
6. Don't run a trial race more than once a week. Experience will tell best kind of training. Stick to it.

A good $\frac{1}{4}$ -mile or $\frac{1}{2}$ -mile should be able to judge his pace to enable him (A) to run the race in his own way on the lines he has found suit him best, and (B) to determine when to let an opponent pass him who is running at an impossible pace.

Relays.

1. Pursuit Relay.

- Values: (A) Large numbers.
(B) Team element.
(C) Interest high.

(A) Passing the baton - the running transfer.
The runner carries the baton in his left hand. As he approaches the receiver he turns the baton parallel to the ground and passes it into the receiver's right hand. The receiver stands with one foot forward and right hand on hip ready to run and catch the baton when the runner gets to him. The runner can pass the baton with 20 yds of where receiver stands i.e. if he is on the scratch line.

(B) Position of runners on the team.
The course of the runners are divided into four parts. With the beginning and end at same place if possible. Usually it is on a $\frac{1}{4}$ mile track. The 2nd runner will be 110 yds from the start. The 3rd 110 yds from the 2nd etc.

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IV Shuttle Relay

- Values (A) Large numbers.
(B) Team element.
(C) Interest High.
(D) Small Area.
(E) Basic Formation.

(A) Passing the baton - and the shift to grasp lower end.

Runner carries baton in right hand holding it at lower end. He passes it to the right hand of the receiver. Receiver grasps it at the top but after he has begun to run he pushes the ^{bottom} ~~top~~ of the baton up so he will have hold of it at the lower end, thus ready to give it the next receiver.

(B) Precautions in spacing terms.

Each team should have two lanes, so there will be lots of space for passing the baton. Each member of the team should stand back a bit to let runners coming in have plenty of room.

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Baseball

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Baseball.

A. Elementary Skills.

- (A) Throwing
 - 1. Underarm
 - 2. Overhand.
- (B) Catching
- (C) Picking up grounders.
- (D) Pitching a straight ball.
- (E) Running.
- (F) Batting.

(B) Elementary Knowledges.

(A) The team at bat.

- 1. Crouching at 1st & 3rd.
- 2. Readiness to hit any pitched ball, but ability to wait for a good one.
- 3. That every batted ball should be run out.
- 4. General knowledge of when a baserunner is entitled to a base, when she must hold her base, when she can return to base without liability of being put out, and when she is liable to be put out.

(B) The team in the field.

- 1. Knowledge of where to throw the ball depending upon the no. of outs & the position of the other baserunners.
- 2. Elementary knowledge of how and ability to make up plays.
- 3. An understanding of how a baserunner can be put out, and the privileges of baserunners.